

THE PARROT



Spring 2021

ISSUE # 154

Your ARC newsletter by and for ESL, multicultural, international students, Californians, and, well, anybody really...

The Music Man from Afghanistan

The Parrot: Hi, Mr. Shahryar

Mr. Shahryar: Hi

The Parrot: Would you briefly introduce yourself and tell me about your background?

Mr. Shahryar: My name is Kaikawoos Shahryar. I am originally Afghan and I moved to California back on

January 17, 2017. As soon as I moved to the United States, I got a job with Covered California initially in the



position of production floor bilingual representative and later on promoted to the position of team lead. Unfortunately, due to Covid-19 pandemic, I lost my job in April 2020. This unfortunate circumstance opened an opportunity door for me to think about

continuing my education. Hence, I joined American River College and

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American River College
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Sacramento, CA 95841
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ESL Scholarship
p. 2

“Travel, in the younger sort, is a part of education; in the elder, a part of experience.”
Francis Bacon

English Language Specialist Program
1991 • 2021
30
— YEARS —

U.S. State Department Selects ARC’s Miralynn Malupa for Prestigious Project

Maybe you were one of Professor Malupa’s students in ESL L30, R50, G310, or maybe you’re currently in the ESL L51 class that she is teaching this semester. She has taught ESL at ARC since 2019. Professor Malupa started her educational journey in English language teaching in 1996, so she is celebrating 25 years in the field



this year, and you might say she is celebrating by accepting a new challenge.

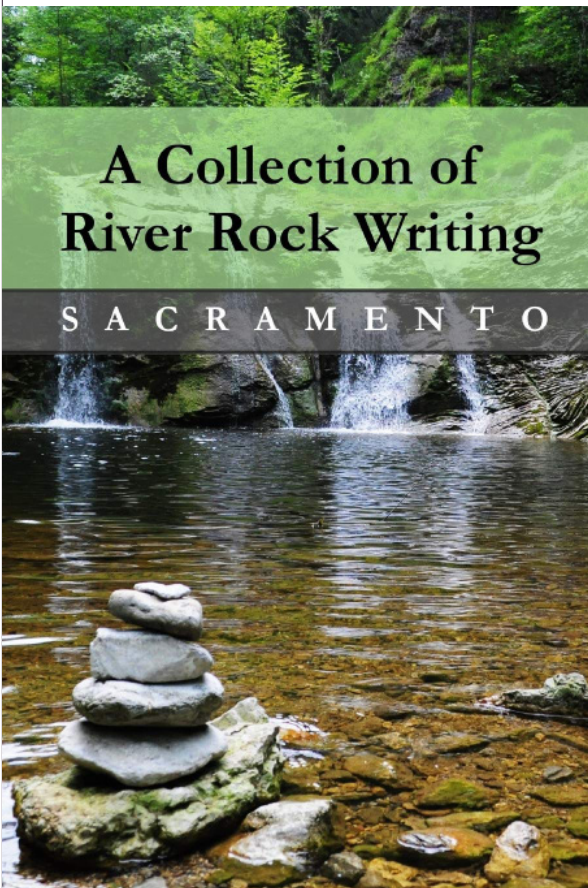
The U.S. Department of State announced the selection of Miralynn Faigao Malupa of Sacramento, CA for an eight-week English Language Specialist virtual project focusing on Teacher Training and Community of

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THE SUSAN PEZONE MEMORIAL ESL SCHOLARSHIP



A Collection of River Rock Writing

S A C R A M E N T O

"I love words, though they sometimes get the better of me. Being a writer has always been my dream. For me, writing is kind of like studying a language. I know I'll never master it, but it doesn't matter because it's so much fun along the way."

—Susan Pezone from *A Collection of River Rock Writing: Sacramento*, page 65

The Susan Pezone Memorial ESL Scholarship!!!

The ESL Department at American River College has chosen to establish a **\$500** scholarship to honor the memory of a dear ESL colleague who passed away in Fall 2020. **Prof. Pezone** was a wonderful teacher, colleague, and writer who is already sorely missed.

☞ **Already completed a minimum of 12 units in ESL at ARC?**

☞ **Have a love of learning and writing?**

Requirements:

This scholarship will be awarded to an ARC ESL student who has the same **love of learning and writing** that Prof. Pezone showed in her teaching and in her own writing, with preference going to a student who has already completed a **minimum of 12 units in ESL at ARC**.

Timeline:

The application time period for the Spring 2021 scholarship will be from **3/19/21 - 5/3/21**, and the scholarship will be **awarded in mid-May, 2021**.

We plan to award the very first scholarship at the end of Spring 2021 and will continue to offer the scholarship every year during the fall semester.

******* Please complete the form below to apply for the Susan Pezone Memorial ESL Scholarship:
[Link to the application for the Susan Pezone Memorial ESL Scholarship](#)

Student Chirpings

The Event That Changed My Life

Life is full of surprises that change our lives from bad to good. Many events can happen in the lives of some people, and they think it will give them a negative result but be wonderful and beautiful later. For example, you can go with your friend to a place where you do not want to go and then when you go, you discover that the place is wonderful, and you see the people you love there. There was an event I thought would transform my life into difficulties and sadness, and then I discovered it was a fun and good event for my future life.

When I left my Syrian city because of the war, I moved to live in Egypt with my family. I lived there for two and a half years. My life was so wonderful. I studied law there and I met a lot of friends from my country, Syria. Day after day I loved the life in Egypt, and every day on my holiday I was able to go shopping with my

friends and visit some areas such as The Pyramids, museums, and beautiful gardens there. I also worked as a teacher in a kindergarten. I organized my time well between study and work. My work with the children was fun, funny, and very entertaining.

One day I received a call from the United Nations, which offered us asylum to the United States. My mom and my brothers agreed to move because they wanted to improve our future. At that time, I felt this event would turn my life into something very bad because I would have to move to another country. I would not know anyone, and I would lose my university, and all my happiness that I had in Egypt with my friends. This change looked

very bad to me. I was very sad because I would go to the United States, and everything would change in my life. In addition, my language would be somewhat forgotten because I would have to speak English.

Then on April 28, 2016, I traveled with my family to the United States. When we arrived, we were greeted by many people who were friends of my brothers living in the United States, in Sacramento. In addition, when we moved in, we were welcomed by Arab families. At that time, I

felt very nice. I did not think I would find people from my own country, Syria. A week after our arrival, I started studying English at school and met great friends. I felt that life was very beautiful here and after studying I would return to university, and I could study medicine because it was my childhood dream.

In the end, this change that happened in my life has made me realize that it can be something negative and sad. But has instead turned into something indescribable because I will achieve my childhood dream and become a doctor. Finally, all bad things can possibly turn out good in the end and be wonderful.



Alaa Turkmany
ESL 50
Descriptive Essay

When Life Was Very Dangerous

It happened one day in summer 2007 in Iran when I started to work with my cousin's friend. His name was Ali. He was a good civil engineer and very helpful person. I talked with him about my major. I told him I needed a job and also I could work anywhere if he had one for me. Luckily, he had one open position and I started to work for him the following week. The government project was to build a new strategic city between Abadan and Khorramshahr. These are two important cities in Iran, so the government needed to protect them from enemies more than other cities. I was excited and I didn't ask him about the weather. I accepted the job. I called my father and told him about my new job. He congratulated me but told me the area was dangerous and I had to be careful. In those moments I think parents always say something about taking care without understanding children. I wanted to earn money even if there was a very dangerous area.

After two days, Ali and I went to Ahvaz by airplane. I remember when I left the airplane, my face was burning. I was surprised when I saw cactus and date trees (palm) at the airport and felt the hot weather. Suddenly, I recalled *Tom and Jerry* cartoons when they were in the pot and making soup for cannibals. Anyway, a driver waited for us in the airport and he took us to the apartment. The company had rental apartments and cars for their engineers. I just took a shower and didn't go outside that night. Ali came to my room and told me not to worry about the weather, I would get used to it. Tomorrow is going to be a long day, I'll see you in

the morning. We woke up early the next morning. We ate a quick breakfast. Then the company's driver picked us up. He drove two hours and we went to a small road without any life or houses nearby. I was a little afraid. After twenty minutes, he stopped the car near a gate. An armed security guard came and checked our car and my ID. Ali told him about me. We went to the main office and Ali introduced me to others as well. They welcomed me and smiled after a long time. They showed me my office and told me I could start. Immediately, Ali had to make 1,200 houses. The city was new and needed

a school, cinema, hospital, and sports area also. We lived in a trailer house that looked like a portable classroom at ARC. Part of my job was to estimate the cost for excavation. That means calculating how many trucks would be waiting in line or how to work cheaply.

Three hours later, Amin came to my office and said, "Young man, stop your job." You will

have time to finish it. I want to show you an area that you will enjoy. Amin worked for Ali, and he was also Ali's roommate when Ali and he were at the university. I agreed and we went outside, but when I left the office, I felt the burning again. That feeling was more than previously, but I didn't tell him. He was full of energy and a kind man. He showed me the area, but it was a new city and nobody was living there at that time. The city reminded me of the movie *I Am Legend* when Will Smith was alone in the city and he was looking for zombies. The city was interesting for me because I had to work on a big project. Amin told me not to sit on the ground



or touch stones because many scorpions lived under them. Under stones were cold and wet, and scorpions loved that area. I was afraid when I saw many scorpions because the first time in my life. He told me that a small one is more dangerous than a big one. At that time I was feeling bad and thinking about my father's recommendations. We went to another area where a loader truck made a big hole, but when it picked up soil, we saw more than 100 scorpions and also a snake city there. Amin stopped the loader and workers ran away. I called the project manager through the walkie-talkie. We had animal control office. They came and cleaned the area. Amin understood how afraid I was in first day, but he didn't say anything to me. When we went back to the office, other engineers talked about me and some of them laughed. For lunch time, we had a lunch room, but it was divided between engineers and project manager and workers. Ali came and with smile face and asked me about my day, but I didn't tell him anything. I went back to my office and lay down.

Later, Ali came to my room without knocking on the door and told me to wake up. He said a scorpion bit Amin's foot when he was working. We had a small hospital in the site, so he put scorpion in a jar and brought. We had to drive four minutes to go to the hospital. They used an antidote for him without checking the scorpion in the jar and told me, "Don't worry we are doctors and know that area's poisonous animals." I recalled my grandfather telling me, "When that poison animal bite somebody, especially scorpion, you need it to make an antidote." We went back to office and Amin felt better and told us not to worry. He was okay and

slept. Two hours later Amin's face was yellow and he went to the bathroom and spit up some blood. At that moment I remembered my friend's mom working in Ahvaz at the poison hospital. So I called him and told him my story and asked him how he could help us. He called me twenty minutes later. He was very kind and I will never forget his help in my life. He sent me the address of his mother's hospital. Ali said to me, "He knows that area." So we brought Amin and the scorpion jar and went to Ahvaz. Ali sat near Amin and I was driving. I drove so fast like a drunk driver. It was the most dangerous day in my life and I will never forget it. They were waiting for us, and we came and brought Amin to the emer-

gency room. That doctor told me we had save Amin's life. He told us he made an antidote from the scorpion and Amin would be better. Ali came and hugged me, and we were crying together like babies.

In conclusion, I understand when parents tell me something, in fact, they don't

want to disagree with me. They are older than me. That means they have more experience than me and always want to help. I learned that money isn't everything.



A Peculiar Year

Some people believe that the COVID-19 pandemic is the revenge that Earth has taken on humans because of their destructive actions to nature. We have to alter our way of living to adapt to the new circumstances. During the past year, we have witnessed numerous striking changes in our lives due to the COVID-19 pandemic. Admittedly, my personal life is not an exception, and I have experienced many changes caused by COVID-19 both positive and negative. The COVID-19 pandemic has affected my life in different ways.

Firstly, at the beginning of the COVID-19 pandemic, airlines suspended their flights all around the world. At that point,

I had booked a ticket with Turkish Airlines to fly from my country, Iran, to the United States. However, all the airlines, including Turkish, stopped their flights to and from Iran because the COVID cases increased rapidly in Iran after China. Turkish Airlines were postponing and then canceling my flight every two weeks, and this process continued

for over four months. They even refused to refund me for the ticket, and finally, I had to buy another ticket from a different airline at a much higher price. In addition to the financial loss, my family and I experienced so much stress since I had to be in America before my permanent resident card's expiration date. As a result, I suffered from a terrible stomachache, and I had to take medications. However, from a positive perspective, I got the opportunity to spend much more time with my parents before moving to the U.S., which was precious. Eventually, I triumphed to arrive in the U.S. after spending three days flying from different cities and countries. The COVID-19 pandemic has caused me

to endure many hardships due to the international and domestic flights' cancelations.

Secondly, due to the COVID-19 pandemic, education has become virtual, and the classrooms have converted to be completely online. After arriving in America, to improve my English, I enrolled in English as a Second Language (ESL) courses that were all online. If I had the chance to be physically on campus and interacting with English speakers, my English would advance faster. Moreover, I have to stay at home, sit at my desk, and attend my classes through the computer, which is much harder for me to make new friends, and I feel lonelier and more homesick. Staying at home for

a long time, far from other people would be difficult for everyone, let alone for the new immigrants. However, I could simultaneously enroll in various classes within the different campuses of Los Rios community college since the courses are online. It would be impossible if I had to attend my classes physically and go to different campuses with long distances.



PANDEMIC

I have experienced a new form of education in my lifetime due to the COVID-19 pandemic.

Finally, due to the Covid-19 pandemic, we have to practice social distancing, avoid any close contact, and be apart from our friends and family members. When I was in Iran, although I was living with my parents, I had to keep my distance from them because they are vulnerable and more susceptible to the coronavirus. Therefore, I could not hug them and kiss them before coming to the U.S., which aggravates my homesick feeling. Also, my hometown was in the red zone of the COVID-19, so the government quarantined our city. Consequently, I could not go to Tehran, where

my grandmother lives, to see her and say goodbye before coming to the United States. Additionally, last year, my sister-in-law gave birth to my niece, and I had a high desire to see and hug her. Nevertheless, because of the COVID-19 and due to the fact that my sister-in-law is a doctor and works in a hospital, we avoided going to see the newborn until later, when she became five months old. During that time, I just saw her on FaceTime. A life without hugging people we love and just seeing them through the virtual platforms is the impact of the COVID-19 pandemic.

In conclusion, the past year can be an outstanding page of our lives' book. We have assimilated many new experiences, which are all due to the effects

of the COVID-19 pandemic. I myself have learned so many lessons as one of the human beings who live on Earth and have experienced the COVID-19 pandemic's impacts. I have learned to be flexible and more patient when I encounter any challenges. I have understood that we should take advantage of each day that we have the chance of living and enjoy every moment. I have also realized that I should pay more attention to my dearests and appreciate their company. Life is a valuable gift and needs to be savored, regardless of its difficulties.

Armaghan Abtahi
ESL 315
Cause-Effect Essay

My Experience in the Pandemic

I'm sure most people around the world had different experiences during the pandemic. I'm also one of those people who experienced the pandemic for the first time in my whole life. It was a long term pandemic. During the pandemic I was shocked and surprised by many things.

On the one hand, I was shocked by some problems about the pandemic. First, it was shocking to me that my husband lost his job. He was an Uber driver, and because of social distance, he couldn't continue his duty. Second, we had planned to go to our country, Afghanistan. Unfortunately, all flights were canceled and it was shocking to me and my family. We spent all the quarantine time at home, and it was so boring for us. In addition, I was shocked by wearing a mask all the time because it was a big problem for me and my little daughter. Overall, this pandemic brought lots of problems that were shocking to me.

On the other hand, I was pleasantly surprised by many good things about the pandemic. First, all of my family members were at home and we spent much

more time with each other, and that was a big surprise for me. Second, online education was a great option for me to start my lessons. It was surprising to me to study at home. I have two children. My daughter is 5 years old and my son is 2 years old. They always need me to be with them, and because of them, I couldn't go to college. But now, I'm really happy with it because I have

time for my children and my lessons.

In short, during this pandemic I experienced some very good things that were surprising to me.

When the pandemic began, I was shocked and afraid of everything. I had a lot of questions about how we can proceed with life. But now I feel better because the situation is

improving and everything is supposed to return to normal. We are waiting for that, and I hope it will never happen again.



Tooba Rahimi
ESL 47
Contrast Essay

Ramadan رمضان

Ramadan in Islam is the ninth month of the Muslim calendar and the holy month of fasting. It begins and ends with the appearance of the crescent moon. Because the Muslim calendar year is shorter than the Gregorian calendar year, Ramadan begins 10–12 days earlier each year, allowing it to fall in every season throughout a 33-year cycle. Ramadan lasts from Monday, April 12 to Tuesday, May 11 in 2021. (Dates are dependent on the appearance of the crescent moon and may vary across countries.)



Islamic tradition states that it was during Ramadan, on the “Night of Power” (Laylat al-Qadr)—commemorated on one of the last 10 nights of Ramadan, usually the 27th night—that God revealed to the Prophet Muhammad the Qurān, Islam’s holy book, “as a guide for the people.” For Muslims, Ramadan is a period of introspection, communal prayer (Salāt) in the mosque, and reading of the Qurān. God forgives the past sins of those who observe the holy month with fasting, prayer, and faithful intention.



Ramadan, however, is less a period of atonement than it is a time for Muslims to practice self-restraint, in keeping with Sawm (Arabic: “to refrain”), one of the pillars of Islam (the five basic tenets of the Muslim religion). Although Sawm is most commonly understood as the obligation to fast during Ramadan, it is more broadly interpreted as the obligation to refrain between dawn and dusk from food, drink, sexual activity, and all forms of immoral behaviour, including impure or unkind thoughts. Thus, false words or bad deeds or intentions are as destructive of a fast as is eating or drinking.



After the sunset prayer, Muslims gather in their homes or mosques to break their fast with a meal called iftār that is often shared with friends and extended family. The iftār usually begins with dates, as was the custom of Muhammad, or apricots and water or sweetened milk. There are additional prayers offered at night called the tawarīh prayers, preferably performed in congregation at the mosque. During these prayers, the entire Qurān may be recited over the course of the month of Ramadan. To accommodate such acts of worship in the evening, work hours are adjusted during the day and sometimes reduced in some Muslim-majority countries. The Qurān indicates that eating and drinking are permissible only until the “white thread of light becomes distinguishable from the dark thread of night at dawn.” Thus, Muslims in some communities sound drums or ring bells in the predawn hours

to remind others that it is time for the meal before dawn, called the *suhūr*.



Sawm can be invalidated by eating or drinking at the wrong time, but the lost day can be made up with an extra day of fasting. For anyone who becomes ill during the month or for whom travel is required, extra fasting days may be substituted after Ramadan ends. Volunteering, performing righteous works, or feeding the poor can be substituted for fasting if necessary. Able-bodied adults and older children fast during the daylight hours from dawn to dusk. Pregnant or nursing women, children, the old, the weak, travelers on long journeys, and the mentally ill are all exempt from the requirement of fasting.



The end of the Ramadan fast is celebrated as Eid al-Fitr, the "Feast of Fast-Breaking," which is one of the two major religious holidays of the Muslim calendar (the other, Eid al-Adha, marks the end of the hajj, the pilgrimage to Mecca that all Muslims are expected to perform at least once in their lives if they are financially and physically able). In some

communities Eid al-Fitr is quite elaborate: children wear new clothes, women dress in white, special pastries are baked, gifts are exchanged, the graves of relatives are visited, and people gather for family meals and to pray in mosques.

Interesting Facts about Ramadan:

1. In 1805, U.S. President Thomas Jefferson held the first White House dinner with a Muslim, Sidi Soliman Mellimelliin, a Muslim. Jefferson adjusted the timing of the meal to "precisely at sunset" to accommodate for Ramadan.
2. Fasting predates Islam. Abstaining from food and drink is mentioned in both the Hebrew Bible and the New Testament, both of which predate Muhammad (who was born in 570 AD).
3. The Fanous is a type of light or lantern that is traditionally used during Ramadan. It represents hope and a "light in the darkness."
4. If done correctly, fasting during Ramadan can release endorphins that improve mental well-being. It can also help detoxify the body.
5. Muslims are not allowed to chew gum during Ramadan. (Nothing should be put in the mouth during the fasting).
6. In many Muslim countries, restaurants remain open during Ramadan, with a sign posted stating that food will be served to non-Muslim people only.
7. The word "Ramadan" is from the Arabic root *ramida* or *ar-ramad*, which means scorching heat or dryness. This is because Ramadan typically takes place during the summer.



RAMADAN MUBARAK!

Continued from page 1

Practice Development through Teaching Grammar Effectively in Poland at the Warsaw Center for Educational and Social Innovation and Training. Malupa is part of a select group, as her project is one of approximately 200 that the English Language Specialist Program supports each year.

You might be surprised to know that her first college degree was a Bachelor of Science in Chemistry with a minor in Physics, which she received from the University of Santo Tomas in Manila, Philippines. She speaks Filipino (Tagalog), Korean, and some Spanish, and she is currently learning Russian. Though she is very busy with research and teaching, she also finds time to attend theater acting workshops at the B Street Theater in Sacramento to hone her skills--not as an actor, but as an instructor. Some of her hobbies include cooking, traveling and going to concerts (back when it was safe to do the last two). She also enjoys listening to her students' favorite music in their mother language.

During her 25 years in the TESOL field, Professor Malupa has trained English language teachers from all over the world in both online and face-to-face modalities. She has a doctorate and a master's degree in Education with TESOL concentration from Alliant International University-San Diego, and she is currently working towards her master's in Learning Technology and Design at Purdue University. Her research interests include teacher education (focusing on teacher discourse, grammar pedagogy, and reflective teaching), assessment, and online curriculum design. She has taught in a variety of ESL and EFL teaching contexts, including academic and government institutions, such as the U.S. Department of Defense and the U.S. State Department. Currently, she is teaching as an Assistant Professor in the College of Education at Westcliff University in Irvine and an ESL Professor at American River College in Sacramento. She has also been an active member of the TESOL International Organization since 2003. As the English Language Specialist, Dr. Malupa will be working with experienced English teachers in Poland, Ukraine, Belarus, Moldova, and Georgia. The focus will mainly be on teaching grammar communicatively and creating a community of practice that crosses borders.

The English Language Specialist Program is the premier opportunity for leaders in the field of teaching English to speakers of other languages (TESOL) to enact meaningful and sustainable changes in the way that English is taught abroad, and is sponsored by the U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA) with funding provided by the U.S.

government. In 2021, the English Language Specialist Program celebrates its 30th anniversary. Since 1991, over 800 English Language Specialists – representing the best of America's educators from all 50 States – have encouraged critical thought and erudition, celebrated their cultural diversity, and showcased their professional and civic engagement strategies to millions of educators and students to millions of educators and students through in-country, virtual, or mixed projects.

During their projects, English Language Specialists may conduct intensive teacher training, advise ministries of education or participate in high-level educational consultations, and offer plenary presentations at regional, national or international TESOL conferences. These projects are challenging and those selected represent the best of the U.S. TESOL community. In return, the program provides professional development opportunities to help participants experience different cultures and build skills that can greatly enhance their TESOL careers at home.

English Language Specialists are counted among the more than 50,000 individuals participating in U.S. Department of State exchange programs each year. The Specialist Program is administered by the Center for Intercultural Education and Development at Georgetown University.

When The Parrot asked Professor Malupa about her advice for students, she said, "First--never ever give up on your dreams. Second--focus on your goals and do whatever it takes to meet them in a healthy and productive way. Lastly, do not forget the people who helped you along the way." Please join us in congratulating Dr. Malupa!



For further information about the English Language Specialist Program or the U.S. Department of State, please visit elprograms.org/specialist, contact us by telephone at 202-632-6452, or e-mail ECA-Press@state.gov.

Some More Parrot Fun

Find Hidden Items



Vocabulary:

1. yarn
2. sausages
3. comb
4. butterfly
5. collar

6. water bowl
7. ball
8. dog house
9. bone
10. fish

See the answers on page 20

Source: <https://www.puzzleprime.com/casual-puzzles/hidden-object/hidden-objects-pets/>

7 Tips for Taking Effective Notes

There is no right or wrong way to take notes, but there are some helpful tips that can make note-taking easier and more useful for studying. Feel free to try different methods and develop the style of note-taking that is most effective for you.

Tip #1: Write notes out longhand

Since the digital revolution, typing has become a more common means of taking down information than writing it out longhand. In many cases, that's not an issue, but when it comes to learning, doing things the old-fashioned way might be better. There is evidence that suggests handwriting notes leads to better retention, as the process of writing longhand engages different parts of the brain than typing.

If you don't feel confident in your ability to keep up with your professor by writing down notes, taking notes on a computer is better than not taking notes at all; just be sure you don't get distracted by email, social media, or other websites when you're supposed to be listening.

Tip #2: Be prepared for class

Go to class prepared with everything you'll need to take notes. Have a dedicated notebook and folder or binder for each class. This will help you keep your notes, handouts and homework organized. Remember to bring pens, pencils, and highlighters. Take a binder or folder where you can organize your notes or any handouts you receive during class.

If you're taking notes on a computer, there are a number of note-taking apps that can help you keep your information organized.

Ask your professor if you can record lectures and discussions during class. This can be helpful in case you miss a key piece of information, or want to clarify statements after class has ended.

Tip #3: Learn how to be a good listener

To take effective notes, you need to have excellent listening skills and good judgment. Cut down on distractions by sitting near the front of the room. This will make it easier for you to see and hear the professor, and perhaps more importantly, for them to see you. It's harder to get distracted by your phone or doze off when you're right in front of the instructor. If it will be tempting to talk to friends during class, sit separately, so you can focus your attention on the discussion at hand.

Taking good notes does not mean writing down every single thing your instructor says. Trying to transcribe the lecture likely means you won't process any of

the information you're receiving.

It is your job to discern what is important enough to write in your notes, a skill that can take some practice. Generally speaking, it's a good idea to take notes when:

- The instructor specifically says that a piece of information will be on a test or relevant to a project
- The instructor writes a piece of information on the whiteboard or chalkboard, or includes it in a slide show
- Another student asks a question, or the instructor asks students questions about a particular topic
- The instructor stresses a key concept
- The instructor introduces an unfamiliar term or idea
- You are unsure about a piece of information that's being presented

Tip #4: Find the note-taking method that works best for you

It is important that you develop a note-taking method that suits your learning style and works best for you. Again, there may be some trial and error here, until you find the best note-taking method for you. Here are some effective note-taking methods:

- Cornell method: Pictured below, this note-taking method was developed at (you guessed it) Cornell University. It helps you organize your notes into three sections – general notes, summaries, and cues, or questions – making it easier to reflect and study after class.



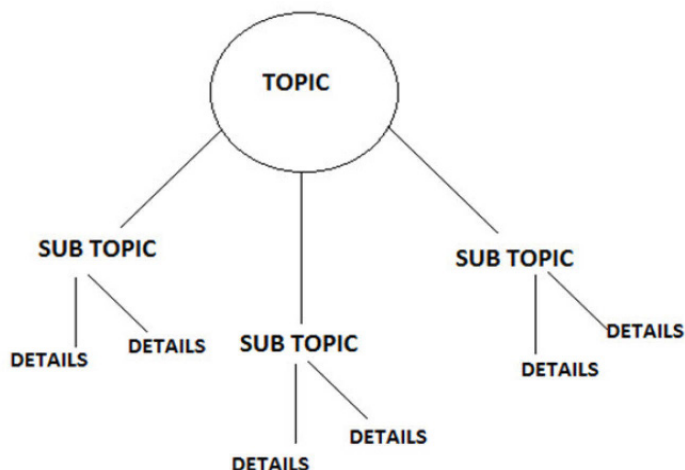
- Outline method: This method is most useful for lectures and discussions that follow a logical structure covering one or two main ideas at a time. It allows you to start with a key concept, and add in details and definitions relevant to that concept as sub-headings.

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1) Main topic 1
  - Sub topic 1
  - Sub topic 2
    a) Supporting facts 1
    b) Supporting facts 2
    c) Supporting facts 3
      i. Details 1
      ii. Details 2
        -Examples

2) Main topic 2
  - Sub topic 1
    a) Supporting facts 1
      i. Details 1
    b) Supporting facts 2
  - Sub topic 2
    c) Supporting facts 1
      i. Details 1
      ii. Details 2
        -Examples
  
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- Mapping method: If your instructor's lectures don't always follow a logical, organized framework, then the mapping method might be a better fit for your note-taking. This allows you to jot down ideas and definitions in a non-structured way as they come up, and then connect and organize them later.



- You can also combine methods, or develop your own. Other helpful note-taking tips include using different colored pens and highlighters to make certain words or ideas stand out; using abbreviations

and symbols to make writing faster, and paraphrasing the material to make sure you understand core concepts.

Tip #5: Compare notes with other students

Comparing notes with other students is an effective yet underutilized strategy. Many students only ask to see other students' notes when they've missed a class. By comparing notes with others, you gain perspective and see what other students in the class found to be salient information.

Collaborating and discussing topics covered in class not only helps you to better understand content for an upcoming test, but it also gives you valuable insight about how other students have learned to succeed in classes taught by even the most demanding professors. Get to know some of the best note takers and schedule a time after class each week to compare notes. This is also an opportunity for you to test your command of the material by attempting to explain it to others.

Tip #6: Review, edit, and organize your notes

After class, it is a good idea to review your notes and make any edits necessary. Oftentimes, notes become messy and disorganized because you are trying to keep up with the professor during the lecture. It is worth the additional time to rewrite your notes in a more organized way. Also, research any terms or concepts you didn't completely understand during the lecture.

Additionally, in order to protect the content you've spent hours creating, you'll need to keep your notes in an organized, safe place. Clearly label the binder or folder you are using for each class. If you are taking notes on your laptop, save them in the cloud, or create a backup file on a zip drive in case your computer crashes the night before a test. Regardless of whether you take handwritten or electronic notes, you should date your notes and reference any chapters in your textbook that your notes correspond to for easy lookup later.

Tip #7: Take notes while studying and reading

Lectures and discussions aren't the only times when you should be taking notes. It's also important to take notes when you are doing your reading assignments and homework. Taking notes when you are reading will help you actively engage with the material, identify questions to ask in class, and remember key concepts to bring up during discussions. If you are using a textbook you own, or working with a PDF of a document, you can take notes and highlight information right in the reading material itself, making it easier to locate your notes when it comes time to study.

What Learning a Foreign Language Has Taught Me

by Kate Fukui

Meaning is Hard to Master

It's true, there are certain words in a language that can be hard to define. Finding meaning in these words can feel like a **wild goose chase**! For example, in Japanese there are many little **phrases** that do not exist in other languages, hold little meaning in a sentence, but are **quintessentially** Japanese. Take the phrase "Yoroshiku," which many Japanese would **claim** doesn't hold a strong specific meaning. You can say it to your friend who has **offered** to drive you home, and it would mean "My life is in your hands." Your boss could give you a project and then say "Yoroshiku" to mean "I'm leaving it to you." The phrase is also said after first introducing yourself to someone, like when we say "It's nice to meet you" in English. This phrase is absolutely everywhere, and as a result of this wide **usage** the meaning is entirely **elusive**. If you were to speak Japanese and never use this phrase, it would be considered very un-Japanese of you.

Of course, there is no **equivalent** to "Yoroshiku" in English. However, there are some phrases and words that are hard to define for people learning English. Let's look at a phrase that people use every day: "What's up." The question "What's up?" is one of the most common **casual** greetings, but what exactly does it mean? The phrase can mean "What are you doing right now" or "How are you" or "What's wrong?" **Figuring out** the right **response** can be even more confusing. Sometimes you can even answer the question "What's up" with "What's up" and it is very normal. When in **doubt**, though, one of the best answers to this question is "Nothing much." When you **come across** phrases that are hard to define, don't be afraid to ask questions and try them out! You might discover that these phrases make you sound more like a native speaker.

Words used in this article:

- **Wild goose chase:** Hunting for something that may or may not be there.
- **Phrase:** A group of words often used together
- **Quintessentially:** something that defines or idealizes a subject. For example, many believe that a hamburger and fries is a quintessential American meal.
- **Claim:** to tell others something is true. Example: She claims her grandmother is famous.
- **Offer:** to give, or ask if someone wants something. Example: He offered me a cookie.
- **Usage:** The way we use something.
- **Elusive:** Hard to find or understand.
- **Equivalent:** Something of equal meaning or value.
- **Casual:** the opposite of formal, used when talking to friends or family.
- **Figuring out:** finding or understanding something.
- **Response:** a reply.
- **Doubt:** When you're not sure about something.
- **Come across:** when you find or discover something.

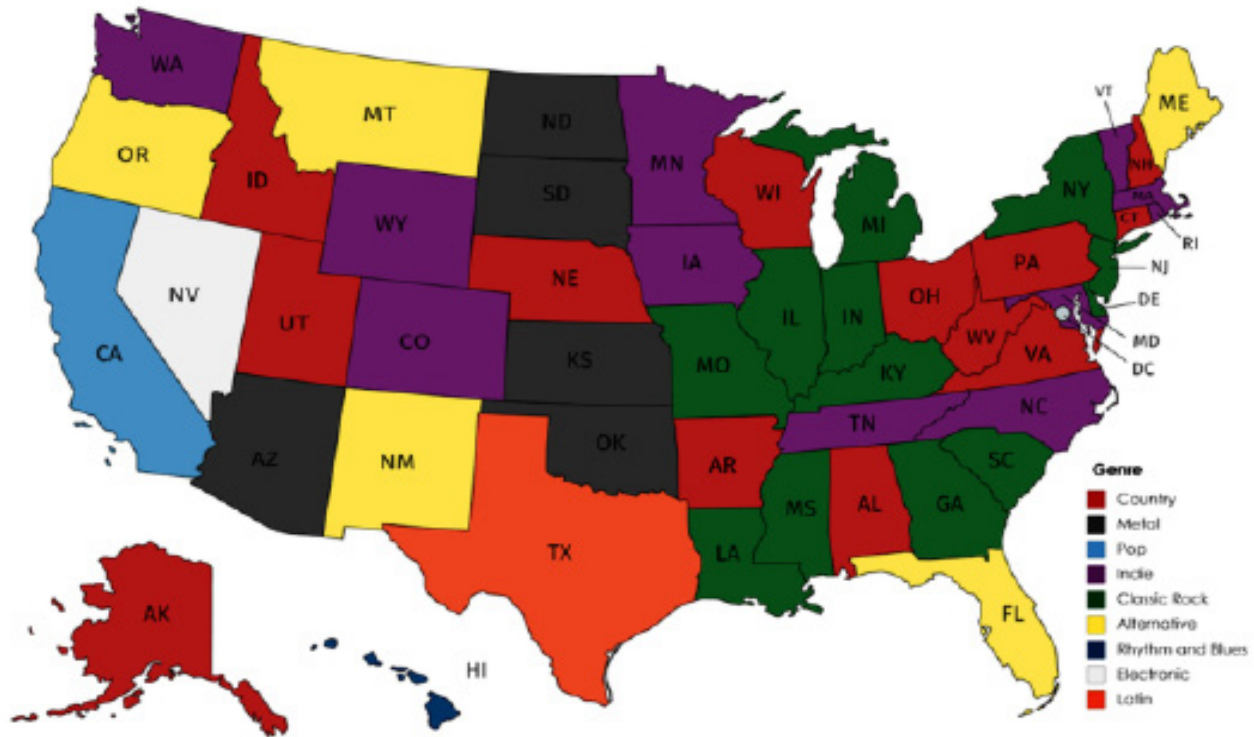
Dear Parrot Readers,

Do you have a phrase in your native language that is difficult to translate but holds very strong cultural significance?

Please send responses to fukuik@arc.losrios.edu



Most Popular Music Genres By States



Based off live performers' box office results from across America, country music reigns supreme in 13 states.

Per an infographic shared on Engineer Boards by user Chattanooga PE, country music's the most popular music genre in just two Deep South states: Arkansas and Alabama. Country performs stronger in a different cluster of states: Virginia, West Virginia, Pennsylvania and Ohio.

Country music also rules the roost in Alaska, Idaho, Utah, Nebraska, Wisconsin, New Hampshire and Connecticut.

Beyond that, different offshoots of rock music perform well across the country.

Indie music acts dominate in college rock hotbed North Carolina and, more surprisingly, Tennessee (keep in mind that these results don't consider walk-in traffic at Nashville's honky tonks and non-ticketed events).

Classic rock tours draw the most money in several Southern states (Georgia, South Carolina, Mississippi, Louisiana, Missouri and Kentucky) plus such Midwest havens as Indiana, Michigan and Illinois and even the

nerve center of American entertainment, New York (both Chicago and New York City are easy to label as havens of hipness, not places to catch old timers' victory laps).

Places as country as Kansas and Oklahoma prove to be lucrative for heavy metal acts (the genre also slays in North Dakota, South Dakota and Arizona).

Beyond the country/indie divide, Texans' affinity for Latin music makes sense, as does pop music's popularity in California, Nevada's appreciation for EDM and the Northwest's love of indie (Washington) and alternative (Oregon). Quirker results include alternative music meccas Maine, Montana, New Mexico and Florida and the lone state with results favoring R&B, Hawaii. Other maps from past years, including one that doesn't skip over hip-hop and rap, show similar results.

AT&T's 2018 report on the most popular artist per state per Spotify results paints a United States of pop and rap, aside from all the Kane Brown fans in West Virginia.

Source: <https://www.wideopencountry.com/most-popular-music-genre-by-state/>

Parrot Student Voices

Here, our students tell a story from their past. Their stories may be about happy days, or sad events... but the stories are always told in their own words.

The Worst Day in My Life



"Hello, my name is Elena. I'm from Russia and this is my story about my childhood, "The Worst Day of My Life." My childhood was in general good. My parents, my brother and I often went to relax in Ukraine. Once when I was five years old..."

Elena Nepochatova

Click on *Elena's* photo to find out what happened next.

"Hi everyone. My name is Truc. I come from Vietnam. Today I'll tell you about the worst day in my life. Motorbikes are the main vehicle used in Vietnam, so it is normal for people, including teenagers to ride a motorbike in my country. When I was sixteen years old..."

Truc Le

Click on *Truc's* photo to find out what happened next.



"Hey everyone. My is Gamilah Alaudi. I am from Yemen. I've been here in US about 5 years. I speak Arabic and English. I'm going to talk about topic is my worst day in my life. In August 2014, I went Encina High School. I don't know how to speak English. It's hard..."

Gamilah Alavai

Click on *Gamilah's* photo to find out what happened next.



Eat the World!

The Parrot represents students of many hues and sounds --- no news there. Indeed, birds of a feather flock together, right? They also eat together. The Parrot is proud to present Parrot fodder from around the world in this and subsequent issues. Squawk!

Paska Easter Bread (Паска)

Paska is a classic Easter Bread. It's a wonderful Easter tradition shared by Ukrainian and Russian people.

INGREDIENTS

2 cups + 2 tbsp warm milk
 6 eggs
 1 tbsp active dry yeast
 2 cups sugar
 2 sticks unsalted butter
 1/2 tsp salt
 1/2 cup sour cream
 1 tsp vanilla
 9 cups all-purpose flour
 1 to 1 1/2 cups raisins (white or brown)

Directions:

1. In a large mixing bowl, whisk together 2 cups + 2 tbsp warm milk, 6 eggs, 1 Tbsp yeast, 2 cups sugar, 2 sticks melted butter (just warm, not hot!), 1/2 tsp salt, 1/2 cup sour cream and 1 tsp vanilla. Whisk in 4 cups flour. Your batter will be thick like sour cream. Cover bowl with plastic wrap and let it rise in a warm place or a warm oven (about 100°F) for 2 hours.

2. Add 5 more cups of flour, one cup at a time or until the dough no longer sticks to your hands (it will still feel sticky but won't stick to your fingers). I find it's easiest to stir in the flour with a stiff silicone spatula. Dough should be soft. Stir in 1 to 1 1/2 cups raisins. Cover and let dough rise another 2 hours in a warm oven (100°F).

3. Divide dough evenly into the three paper baking molds; try not to mix it or stomp it down too much. Let dough rise uncovered in a warm 100°F oven for an additional 2 hours or until the molds are almost full. Remove from the oven and preheat oven to 350°F.

4. Bake at 350°F for 30-35 minutes in the middle of the oven until the top is golden brown. Let cool to room temp or just warm and then tear off the wrapper.

5. Once the breads are at room temperature and wrappers are off, get your frosting ready. In a medium bowl, whisk together 2 cups powdered sugar with 3 tbsp lemon juice. Add a little water if it's too thick or a little more powdered sugar if it's too runny. Pour the glaze over each cooled Easter bread.

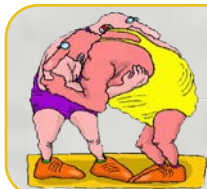
Top with sprinkles, which just make these seem so traditional and festive.



Христос воскрес! Воистину воскрес! (Ukrainian)
 Христос воскрес! Воистину воскрес! (Russian)
 Christ is risen! He is risen indeed!
 (Traditional Easter greeting)

Source: <https://natashaskitchen.com/paska-easter-bread-recipe-kulich/>

Parrot Warbling



Grappling with Grammar

Passive Voice

What is the passive voice?

In general, the active voice makes your writing stronger, more direct, and, you guessed it, more active. In a sentence with active voice, the subject is something, or it does the action of the verb in the sentence. With the passive voice, the subject is acted upon by some other performer of the verb. (In case you weren't paying attention, the previous two sentences use the type of voice they describe.)

When (and when not) to use the passive voice

If you're writing anything with a definitive subject who's performing an action, you'll be better off using the active voice. And if you search your document for instances of *was*, *is*, or *were* and your page lights up with instances of passive voice, it may be a good idea to switch to active voice.

I. Reports of crimes or incidents with unknown perpetrators

Ex: My car was stolen yesterday.

II. Scientific contexts

Ex: The rat was placed into a T-shaped maze.

III. When you want to emphasize an action itself and the doer of the action is irrelevant or distracting:

Ex: The president was sworn in on a cold January morning.

<https://www.grammarly.com/blog/passive-voice/>

Idiom--Attic

The world is your oyster

Meaning: One can do anything one wants to do in life.

Ex: You have so much talent at such a young age—***the world is your oyster!***



<https://idioms.thefreedictionary.com/the+world+is+your+oyster>

Pronunciation of "i": The Rules

Sometimes, we pronounce it "ee," or what is called a "long e" sound (represented by the phonetic symbol /i/), in four main cases:

I. At the end of a word with several syllables. As in "taxi" or "jacuzzi."

II. When "i" is followed by a vowel. As in "studio," "audience," "curious."

III. When "i" is followed by an "ece" or "eve" where the "e" is silent on the end. As in: "piece," "niece," or "believe"

IV. In "ing". As in "finger", "acting", "eating", "wing."

The Exceptions

I. In some words, "i" is pronounced "ee" for historical reasons that you might find a bit random. As in: "machine", "pizza", "casino", "naïve"

II. When the "i" is at the end of words that are plurals of Latin words, we pronounce it "i", like the pronoun "I" or the word "eye," what is often called "long i" (represented by the phonetic symbol /aɪ/. Words like "cacti", "fungi", "octopi", "alumni"

III. In some words, the silent "e" doesn't always open the preceding syllable, so in words like "give" or "to live", or "notice", the "i" is pronounced "ih" and not "ee".



<https://christinarebuffet.com/blog/pronunciations-of-i-in-american-english/>

Our Mother Earth

by Wordy Birdy

This planet's a home for plants, animals and us, too

But today we may ask, "what does Earth really do?"

I'll tell you my friends, she does quite a lot, Whether we humans choose to notice or not.

When gravity teaches a lesson we won't forget,

She's there to catch us, supporting each step.

When we need a deep breath, the earth gives us air,

And when we're hungry, she bears fruits to share.

She can raise anything, be it human or tree—

From the biggest blue whale to a small honey bee.

She grows all our food and our children too, And now, my friends, there is work we must do.

Today we give back to our great blue and green

By keeping the soil, the water, and the air clean.

So plant a tree, pick up litter, and help conserve water.

Show Mother Earth we're grateful sons and daughters.

Do you want to practice the bold words from this poem? Please go to page 20 for Vocabulary Practice!



Rigoberto's Riddles

Boys use it, girls like it,
parents hate it.
What is this 5-letter word?



• Phone

Silly Vasily's Chuckle Chamber

A man is walking home when he sees a dog buying meat for his owner.

The man watches the dog, and when the butcher takes a little too much, the dog growls at him until he gets the right amount.



The man follows the dog and watches as the dog stands on two legs and helps an old lady cross the street.

Amazed, the man follows the dog home and watches the dog ring the doorbell.

When the owner comes to the door, the owner takes the bags and tells the dog to stay in the front yard.

Frustrated, the man goes up to the owner and yells, "This dog is amazing! He gets your groceries, makes sure you have the exact change, helps old ladies cross the street, and this is how you treat him!"

The owner replies, "I know, but this is the third time this week he left his keys."

Earth Day is April 22!

Vocabulary Used in the Poem, "Our Mother Earth"

Planet (n.): a celestial body moving around a star (for example Earth, Mars, and Saturn.)

Quite a lot (adj. phrase): Very much, many.

Notice (v.): To see or be aware of.

Gravity (n.): The force that pulls us downward to the earth.

Support(ing) (v.): To help or care for.

Bear(s) (v.): To yield, produce, or give.

Raise (v.): To bring up or grow something.

Litter (n.): Trash or waste.

Conserve (v.): To save or use carefully.

Grateful (adj.): To be thankful.

Vocabulary Practice

1. She bought you a car for Valentine's Day? She must like you _____!
2. If you see _____ at the park, throw it in a garbage can.
3. We've had this lemon tree for two years, but it still won't _____ fruit!
4. I hurt my leg, so now I use a cane to _____ me when I walk.
5. If _____ didn't exist, I could jump straight to the moon!
6. I clean the house every day, but my wife never _____.
7. It takes a lot of energy to _____ children!
8. When you are given a gift, it's important to be _____.
9. We don't have much milk left, so we will have to _____ it until I can buy more.
10. My favorite _____ is Jupiter because it's huge!

Answers: 1. quite a lot 2. litter 3. bear 4. support 5. gravity 6. notices 7. raise 8. grateful 9. conserve 10. planet



How many items
did you find?

Interview with Shahryar

Continued from page 1

spring semester is my first semester at American River College.

The Parrot: So, you said you moved to the United States in 2017. I would like to know how did you learn English and how did you immigrate to the United States?

Mr. Shahryar: I took English language private classes back in my home country and worked with several different humanitarian American organizations in Afghanistan for more than 15 years. I came to the United States through SIV (Special Immigrant Visa) program.

The Parrot: What is your major and what classes did you enroll in for Spring 2021 semester?

Mr. Shahryar: I chose to do my major in Computer Science and I do have ENGWR 300/94, RAD 111, WAC 96, ANTH 310, FITNESS 380 and CISC 310, a total of 13 units for Spring 2021 semester.

The Parrot: How did you choose to do your major in computer science?

Mr. Shahryar: Because I got a diploma in this field from my home country a few years back and I found it interesting and would love to work in this field as an expert in the future.

The Parrot: Computer Science is a vast major/field. What is your favorite subject in Computer Science or what area of specialty would you like to focus your studies on?

Mr. Shahryar: I am so much interested in web design and development, and creating animation flashes. I chose to do my major in computer science to work in this field as my main career in the future. I love to work in technology field because I enjoy studying anything related to technology and love the technology work environment.

The Parrot: What is something interesting about you that you want to share with us?

Mr. Shahryar: I like to travel a lot here and there. For instance, I traveled to India more than 10 times so far and I found India as a land of magic, art and music. I believe that is how I got interested in the world of music and included music as one of my personal hobbies in my life.

The Parrot: Speaking of hobbies, can you tell me what are your hobbies besides work and studies?

Mr. Shahryar: My hobbies are sightseeing or traveling, watching movies and playing guitar.

The Parrot: Wow! That is interesting. How long have you been playing guitar?

Mr. Shahryar: I started learning guitar back in 2007 in Afghanistan. So, it is almost about 14 years that I am playing guitar on and off.

The Parrot: Do you play guitar as a profession or as a hobby?

Mr. Shahryar: I am playing guitar as a hobby and I think guitar has been a good friend for me in my spare time or while I am with my friends for long years now.

The Parrot: Do you still play guitar while you are currently a full-time student at ARC?

Mr. Shahryar: Oh yes, it actually gives me peace of mind and helps me to do better with my studies.

The Parrot: Isn't it tough to manage your art and studies at the same time?

Mr. Shahryar: Well, not really. Because it never interacts with my studies as I have my specific schedule for my studies and specific time for my hobbies.

The Parrot: What kind of music do you like to play?

Mr. Shahryar: I play pop and classic music.

The Parrot: Do you play alone or with others?

Mr. Shahryar: I play alone mostly, but I played along with friends before, too.

The parrot: How has your guitar playing changed since you came to the United States?

Mr. Shahryar: Since I moved to the United States, it hasn't been changed so much in terms of development because, when I was in Afghanistan, I had more time to practice while since I moved to the United State I rarely find time to practice because my life style has been changed and got busier so that I rarely find time to practice music.

The Parrot: Who are some of your "guitar heroes"?

Mr. Shahryar: John Mayer and James Taylor from America and Mohsen Yagana from Iran are my favorite guitar players.

The Parrot: Do you perform anywhere?

Mr. Shahryar: I perform with my friends and close private parties only.

The Parrot: What differences do you see between music in Afghanistan and the United States?

Mr. Shahryar: Obviously there are more opportunities for Americans to improve their music industries comparing to the musicians in Afghanistan. The music related facility and all the necessary instruments and musician experts are more accessible and available to people who have a stable life style in the United States while the above mentioned things are not available or accessible in the most parts of Afghanistan for even the people who have a high-level life style.

The Parrot: Thank you very much for sharing your hobbies, interest and educational background with us Mr. Shahryar, we are also glad to have you and appreciate your time with us.

Parroteer: *Sayed Edres Sadiqi*

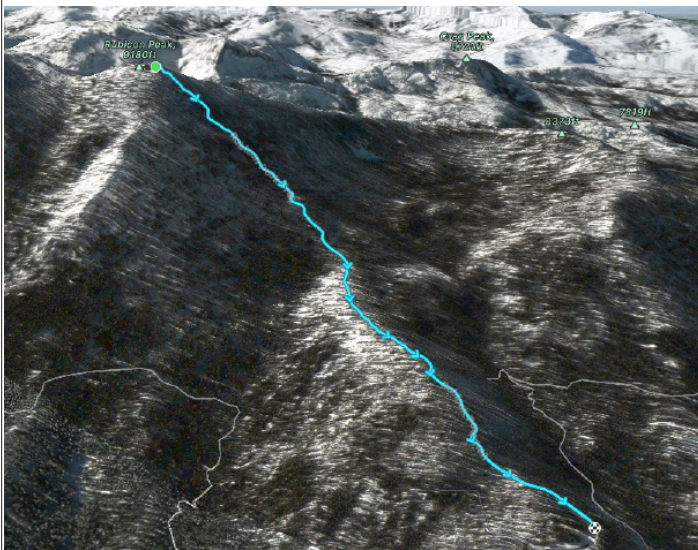
Rubicon Peak 9183 feet (2799 m)

In the old days of The Parrot, there was Trail Mick. Mick has now given way to Alpine Alex.

Hello ARC family! The mountains have definitely been calling. Today I decided to answer the call from Rubicon Peak. Rubicon Peak is located in Desolation



Wilderness on the west shore of Lake Tahoe, north-west of Emerald Bay. Its close proximity to Highway 89 allows for year-round access. The peak provides fantastic views of Desolation Wilderness and Lake Tahoe. The great views from the summit can be had for minimal time and effort. The peak can easily be climbed in half a day in any season. One of the



best short hikes I've ever done. Very steep in certain places and had snow up to my knees, but it was worth every second of it. Not a difficult trail, it took me almost two hours to climb up. I tried to find the best easy way to climb the rocks to the peak, but there isn't an easy way, use whatever works best for you.

The hike is mostly in the woods, with no special



views, but once you reach the top, you are rewarded with a magnificent view of Lake Tahoe and the mountains and lakes around. Be careful up top, not a lot of room to hang out! On a side note, definitely keep an eye out for stacked rocks to mark the practi-



cal pathways on the second half of the hike. Without them, you may get lost! I hope you will enjoy it as I did! See you on the trail. Have fun and be safe.

Around the World

KING'S DAY - NETHERLANDS

You should wear orange because everyone does!!!



It was previously called Queen's Day and Princess's Day before Willem-Alexander accessed the throne in 2013. This year it will be held on April 27th, King Willem-Alexander's birthday, in Amsterdam, Netherlands. As a matter of fact, he is the first King of Netherlands in 123 years. People get the day off. We should celebrate!



If on St. Patrick's day you should wear green, orange will be the color you should pick for your clothes on King's Day. The orange color on this day shows pride for the Dutch royal family. You are not going to do it right if you don't cover yourself with orange from head to toe. Yes, you should dress up your pets with orange, too. People spend money and eat like a "King" on this



day. Many clothes stores sell many different kinds of orange clothes to celebrate this day. In the same way, many stores and street food stores sell various food for you to choose. People with a sweet tooth can enjoy a sweet pastry loaded with cream which is decorated with orange icing for this special day. Along with street food and orange decorations,



King's Day is also a big street event where people go along the street to sing and dance. The whole canal is also packed with boat parties. The color of the sea, which is covered with orange color from the boats, is a beautiful scene that you should see at least once in your life. Happy King's Day!

Parroteer Tuyet Le

Source: <https://www.iamsterdam.com/en/see-and-do/whats-on/major-events-and-celebrations/kings-day/10-fun-kings-day-facts>

ESL Department Certificate Application

Congratulations!

You may apply for MULTIPLE certificates.
There are 5 certificate sections on this website. Each section is for one certificate.

You can apply for more than one certificate on this website: <https://forms.gle/xpNDzkK2rLzD7C7c7>

- Apply for an ESL Certificate
- Quick and Easy to complete the form
- There are 5 levels of certificates for ESL students: Certificates of Proficiency for 40, 50 and 310 levels
- Certificate of Achievement at 320 and 340/350 level
- All certificates are useful to show your knowledge of English as a second language
- (Certificates of Achievement will show on your transcript!)
- Courses from a higher level can be used at a lower level.
- Any questions? Email Professor Specker: speckee@arc.losrios.edu



Level	Title	Courses	Units
40 level	Intermediate-low	ESL 47 (6) ESLL 41 (3) ESLG 41 (3) ESLLAB 40 or 41 (1)	13 units
50 level	Intermediate-mid	ESL 55 (6) ESLL 51 (3) ESLG 51 (3) ESLLAB 50 or 51 (1)	13 units
310 level	Intermediate – high	ESL 315 (6) ESLL 310 (3) ESLG 310 (3) ESLLAB 60 or 61 (1)	13 units Course units are transferable to CSU
320 level	Advanced	ESL 325 (6) ESLL 320 (3) ESLG 320 (3) ESLLAB 70 or 71 (1)	13 units. Certificate of Achievement. Courses units are transferable to CSU
340/350 level	Advanced-high	ESL 350 (4) ESLW 340 (4) ESLL 320 (3) ESLG 320 (3) ESLLAB 80 (1)	15 units. Certificate of Achievement. Course units are transferable to CSU and/or UC

2021 Virtual

TRANSFER CELEBRATION

Honoring all Los Rios students transferring by Fall 2021

Special Keynote Speaker

Network with other transfer students going to your interested 4-year University!

You're Invited
WEDNESDAY, MAY 12, 2021
4:00PM – 6:00PM



Contact:

(916)691-7470 | tranctr@scc.losrios.edu

Must RSVP here: www.tinyurl.com/transfercelebrate2021

Student Clubs

ELLIS Updates!



The ARC ELLIS Club is a group of ARC students and professors committed to helping people transition into college and achieve success. Our focus is immigrants and English language learners like you!

ELLIS CLUB held its first online election, and we now have a new president and vice-president.



Sayed Edres Sadiqi is originally from the province of Herat in Afghanistan and is now a full-time student at ARC, majoring in computer science. He was elected as the new president of ELLIS club. Mr. Sadiqi also works with The Parrot, and also is part of the staff for the ESL Remote Assessment.

Iman Almzayek comes from Syria and is also a full-time student at ARC. Ms. Almzayek is majoring in communications, but she also works full-time as ELD Navigator at Highlands Charter Community School. She is the vice-president of ELLIS club.

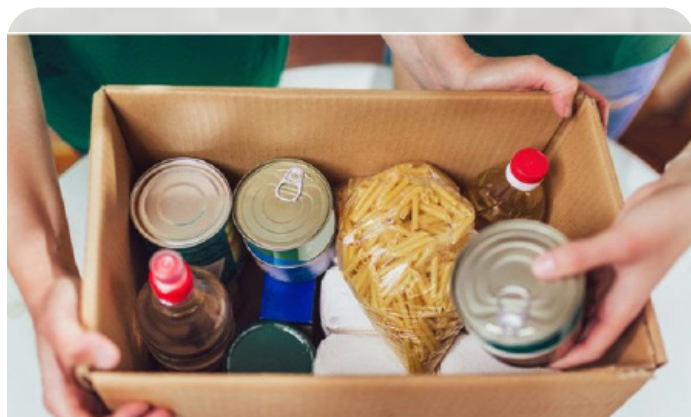


You can now find a link to ELLIS Club information on the ESL Department web page:
[ESL Department](#)

If you want to contact ELLIS for some help or to get involved, please use this link:
<https://forms.gle/u2rkHY8geomknjp79>

Questions about college? Need more information? Email us to connect with one of our club representatives:
ellis.club2019@gmail.com

Out of the Cage



Upcoming Food Distributions

There will be Beaver Food Pantry distributions on the following dates this spring from 2:30 to 4:30 pm at the ARC main campus:

Monday, April 26, 2:30 to 4:30 pm

Monday, May 24, 2:30 to 4:30 pm

All students are welcome! Sign up in advance at Beaver Food Pantry Distribution.

Free non-perishable food and toiletries will be available on a first-come, first-served basis. Masks and social distancing are required. Students should enter through the stadium parking lot entrance and go to the portables near Davies Hall. If students are driving a car, they are asked to please clear out their trunk. Click on the link below to sign up!

[Sign Up Now!](#)

**ESL Center Online
Special Summer Session**
June 7 - July 2
Monday - Thursday
8:00am - 2:10pm

**Enroll Now!
Get Ready for
Fall 2021!**

Build Confidence

Increase Vocabulary

Learn Canvas & computer skills

Improve Listening & Speaking

Review & Practice Grammar

[Click on this guide to enrollment for Summer 2021](#)

**KEEP CALM
AND
GET READY FOR
FINAL EXAMS!**



SQUAWK!!

QUESTIONS/COMMENTS?

Student Editors: **Alex Grynishyn, Alaa Shatat, Tuyet Le, and Dai Nguyen**

Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Contact us by e-mail, call, or drop by. [Professor Travis: Travism@arc.losrios.edu](mailto:Travism@arc.losrios.edu); [Professor Hoggan: Davies 334, \(916\) 312-3574, or Hogganp@arc.losrios.edu](mailto:Hogganp@arc.losrios.edu). To see previous issues of The Parrot, go to

<https://arc.losrios.edu/academics/the-parrot-newsletter>